MEGA MILLIONS
THE JACKPOT IS NOW $168 MILLION
PLEASE PLAY RESPONSIBLY.
You must be 18 years or older to purchase a Lottery ticket.
NEW YORK LOTTERY
©2019 New York Lottery

metro
NEW YORK CITY NO. 1 FREE DAILY IN THE US
Tuesday, July 23, 2019 metro.us | t: MetroNewYork | f: MetroNew

ISTOCK

LIGHTS OUT

Cuomo, de Blasio rip Con Ed over Brooklyn, Queens blackout. 4

BOODLES GIN

Now gin is jumping on the pink-drink bandwagon. 19

Phosphorescent frontman talks moving from NYC to Nashville. 18

'RENUNCIAR'

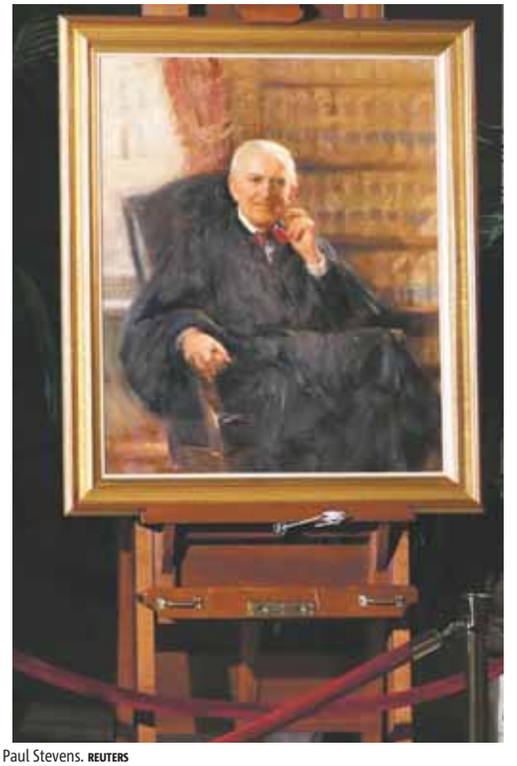
Hundreds of thousands of protesters marched through San Juan calling for Puerto Rico Gov. Ricardo Rossello to resign after offensive texts were leaked. 8-9

Arena football team gets robbed in White Plains. 25

4 THINGS TO KNOW

Trump, justices pay respects to late jurist John Paul Stevens

The former Supreme Court justice died last Tuesday at age 99.



President Donald Trump and first lady Melania Trump pay their respects at the casket of former Supreme Court Justice John Paul Stevens. REUTERS

President Donald Trump, members of the U.S. Supreme Court and others paid their respects on Monday to liberal Justice John Paul Stevens, who died last week, as his body lay in repose in the courthouse's stately great hall.

Stevens, who was appointed by President Gerald Ford in 1975 and retired from the top U.S. judicial body in 2010, died on July 16 at age 99 of complications from a stroke in Fort Lauderdale, Florida. He was one of the longest-serving justices in U.S. history.

Five of the nine current justices, including Chief Justice John Roberts, attended a brief ceremony. They stood somberly with heads bowed in front of the black casket, which was draped with a U.S. flag.

Trump, accompanied by first lady Melania Trump, visited after the ceremony, pausing silently in front of the casket for a few moments.

Before walking to the casket, Trump shook hands with Roberts, whom the Republican president has criticized in the past. Roberts last year issued an unusual statement rebuking Trump for his criticisms of judges who have ruled against him, and in June was the author of a ruling that blocked the Trump administration from including a contentious citizenship question in the 2020 national census.

During the ceremony, liberal Justice Elena Kagan, who replaced Stevens on the court, delivered brief remarks.

"He was a brilliant man with extraordinary legal gifts and talents, which he combined with a deep devotion to the rule of law and a deep commitment to equal justice," Kagan said of Stevens.

Stevens' family members and dozens of his former law clerks also attended. Stevens' male relatives wore bow ties, echoing the late justice's signature sartorial preference.

The four absent justices had previously scheduled commitments, a court spokeswoman said.

Stevens was scheduled to be buried on Tuesday in Arlington National Cemetery in Virginia.

Stevens was a Republican appointee who became a key liberal vote on the court. As it moved to the right in the early 1990s under Chief Justice William Rehnquist, Stevens became the leader of the court's liberal faction. That continued when Roberts replaced Rehnquist in 2005, with the justices often sharply divided on social issues such as abortion. REUTERS

> **"He was a brilliant man with extraordinary legal gifts and talents, which he combined with a deep devotion to the rule of law and a deep commitment to equal justice."**
>
> Justice Elena Kagan

2 Britain calls for naval counter to Iran's 'piracy'

Britain called on Monday for a European-led naval mission to ensure safe shipping through the Strait of Hormuz, days after Iran seized a British-flagged tanker in what London described as an act of "state piracy." Foreign Secretary Jeremy Hunt outlined the plans to parliament after a meeting of COBR, the government's emergency committee, which discussed London's response to Friday's capture of the Stena Impero tanker by Iranian commandos at sea. "Under international law Iran had no right to obstruct the ship's passage, let alone board her. It was therefore an act of state piracy," Foreign Secretary Jeremy Hunt told parliament. "We will now seek to put together a European-led maritime protection mission to support safe passage of both crew and cargo in this vital region," Hunt said. REUTERS

3 Cowboys remain atop Forbes' most valuable teams

The Dallas Cowboys were ranked the world's most valuable sports team for a fourth consecutive year, according to an annual list published by Forbes on Monday that was dominated by National Football League clubs. The NFL's Cowboys, who unseated Spanish soccer club Real Madrid for top spot on the list in 2016, were valued at $5 billion, a 4 percent rise when compared to last year, Forbes said in a statement. Major League Baseball's New York Yankees, who last year enjoyed a 10 percent jump in attendance along with strong ratings on the team's YES Network, moved up three spots to sit second on the list with a value of $4.6 billion. Real Madrid ($4.2 billion), Spanish soccer club Barcelona ($4.02 billion) and the National Basketball Association's New York Knicks ($4 billion) rounded out the top five. REUTERS

4 Report: Jets signing former Texans TE Griffin

The New York Jets are signing former Houston Texans tight end Ryan Griffin to fill in for the recently suspended Chris Herndon, NFL Network reported Monday. Earlier this month, the NFL suspended Herndon for the first four games of the 2019 season for violating the league's substance-abuse policy. He pleaded guilty in January to a 2018 DWI charge. Griffin, 29, caught 136 passes for 1,491 yards and seven touchdowns in 77 games (36 starts) with the Texans from 2013 to 2018. He made a career-high 11 starts in 2018 and caught 24 passes for 305 yards. Griffin's six-year run in Houston ended abruptly in May when he was cut by the Texans after getting arrested in Nashville, Tenn., during the NFL Draft. Charges of vandalism for breaking a hotel window and public intoxication were later dismissed. REUTERS

FURNISH YOUR ENTIRE HOME OR OFFICE

for up to

70% OFF RETAIL PRICES

Every Day!

15% discount for Military Personnel w/valid military id

5–PIECE OAK BEDROOM SETS

(Dresser, Mirror, Queen Headboard, 2 Nightstands)

QUEEN BEDDING SETS starting at $199.99

5–PIECE BLACK BEDROOM SETS

(Dresser, Mirror, Queen Headboard, 2 Nightstands)

An AFR Exclusive!

22-PIECE APARTMENT PACKAGE

INCLUDED FURNISHINGS:

Sofa, Loveseat, Cocktail Table, 2 End Tables with 2 Lamps, TV Media Stand, Dining Table with 4 Side Chairs, Headboard, 2 Nightstands with 2 Lamps, Mirror, Dresser, 2 Art Prints

starting at... **$999.99**

Office Chairs

STARTING AT $19.99

Office Desks

STARTING AT $99.99

TV Stands

STARTING AT $19.99

3 PC Occasional Table Sets

NOW ONLY $69.99

(Cocktail Table + 2 End Tables)

Available in Black or Oak!

Art Prints

STARTING AT $4.99

5-PIECE DINETTE SETS

(Table + 4 Chairs)

SOFA & LOVESEAT SETS

afr® CLEARANCE CENTER

DELIVERY SERVICES | MASSIVE SHOWROOM | PREMIUM STYLES | UNBEATABLE PRICES

Visit Your Local AFR® Clearance Center & Start Saving Today!

SECAUCUS, NJ

30 Enterprise Avenue North
Secaucus, NJ 07094

201.330.4011

Mon-Fri 11AM-8PM / Sat 10AM-6PM / Sun 12PM-5PM

Like Us On Facebook!

New & Previously Rented Furniture EXPERIENCE MORE AT AFRCC.COM

**Photos are for advertising purposes only and may not match the condition of current sale merchandise. Prices reflect previously rented merchandise. Other exclusions may apply. See store for details.*

Con Ed in the hot seat again after Brooklyn, Queens blackout

De Blasio and Cuomo are blasting the utility company for leaving thousands without power.

MORGAN ROUSSEAU
morgan@metro.us

CONED

New York City residents and top officials are fed up with Con Edison after another massive blackout left 50,000 Brooklyn and Queens customers without power during the summer's hottest weekend. As of Monday, thousands were still left in the dark and demanding answers.

Con Ed customers in parts of the two boroughs lost power late Sunday as a crippling heat wave scorched the city, leaving people not only in the dark, but without much-needed air-conditioning as temperatures soared to around 100 degrees. Con Edison said it had severed service to many of those customers in a preemptive move meant to "protect the integrity of the energy system."

"This should not have happened," Mayor Bill de Blasio said Monday. "And we need to make sure it doesn't happen again." De Blasio called for an investigation into Sunday's blackout, which had a significant impact on Canarsie, Flatlands, Mill Basin and Bergen Beach.

As of Monday morning, 33,000 customers had power restored, but the remaining customers were still dealing with outages, Con Ed said.

In a heated press conference on Monday, de Blasio went so far as to suggest Con Ed step aside in its job of providing power to New York City.

"If Con Ed cannot answer us — why these things are happening and what they're going to do differently to stop them — then why are we depending on a private company for something so vital?" the mayor asked. "We don't depend on a private company for water or for policing or for fire protection. ... If they can't handle the job, it's time to look at new alternatives."

Gov. Andrew Cuomo on Monday also tore into the utility company.

"We have been through this situation with Con Ed time and again, and they should have been better prepared — period," Cuomo said in a statement. "This was not a natural disaster; there is no excuse for what has happened in Brooklyn."

Cuomo said he was deploying 200 state troopers, 100 generators and 50 light towers to help Brooklyn with the crisis. The state will also widen its investigation into a July 13 blackout in Manhattan to include Sunday's outages in Brooklyn, Cuomo said.

In that blackout, much of Midtown Manhattan and the Upper West Side saw power outages due to an issue with a transmission line. At its peak, the number of customers without power reached approximately 72,000, and subway service was disrupted on the A, C, D, F and M lines.

The mayor announced Monday evening that 200 NYPD officers would be deployed to Brooklyn as well, to patrol the streets and maintain public safety.

Treasury Bill Indexed Money Market Account

1.92% APY*
For balances of $100,000 and up
Indexed at 100% of the 30-day US Treasury Bill**

1.72% APY*
For balances of $50,000-$99,999
Indexed at 90% of the 30-day US Treasury Bill**

- Enjoy high money market rates.
- Fully liquid account.
- FDIC insured money market account.

Visit one of our conveniently located branches today!

www.applebank.com

Apple Bank

Established 1863 - Member FDIC

*These rates are effective through July 31, 2019. $100,000 minimum deposit to earn the advertised 1.92% Annual Percentage Yield (APY). $50,000 minimum deposit to earn the advertised 1.72% APY. **Treasury Bill Indexed Money Market rate is based on an index calculated by taking the rate of the closing "asked" discount basis of the 30-day Treasury Bill as quoted and published in The Wall Street Journal on the last business day of the prior month as set forth below. If there are no exact Treasury Bills with a 30-day maturity, then the "asked" rate used shall be for Treasury Bills with a maturity date closest to, but not to exceed 30 days. These new APYs will then take effect on the first calendar day of each subsequent month and will remain in effect through each subsequent month-end. Balances of $25,000 to $49,999 earn an APY of 1.25%, which is 65% of the indexed rate, balances of $50,000 to $99,999 earn an APY of 1.72%, which is 90% of the indexed rate, and balances of $100,000 or more earn an APY of 1.92%, which is 100% of the indexed rate. There is no interest paid on deposits under $25,000. $10,000 minimum deposit is required to open this account. A monthly service fee of $10.00 will be charged each month at the end of the statement cycle if the account balance falls below $10,000 on any day of the month. Fees may reduce earnings and principal if the account balance falls below $10,000 on any day during the statement cycle. Please see disclosure for other terms and conditions. This offer may be withdrawn without prior notice.

GET YOUR JULY SPECIALS THIS SUMMER

$500 OFF WITH THIS AD

FRANCIS NY PLASTIC SURGERY

114 EAST 71ST STREET • 212-226-0677

Between Park & Lexington Avenues • www.francisnyplasticsurgery.com

- Brazilian Butt Lift - Fat Grating
- Buttock Implants
- Calf Implants
- Breast Augmentation
- Breast Lift
- Breast Reduction
- Breast Reconstruction
- Liposuction
- Smart Lipo
- Body Lifts
- Arm Lifts
- Face Lifts - Eyes - Neck
- Tummy tucks - Mini & Full
- Nose Reshaping
- Lip Plumping
- Botox - Sculptra - Juvederm
- Dysports - Restylane - Radiesse

Affordable Cosmetic Surgery 0% Financing Available
Surgical Center On Site With Certified Staff Quick & Safe Anesthesia
FREE CONSULTATION!

TUMMY TUCK

BREAST AUGMENTATION

BREAST REDUCTION

ARM LIPO/LIFT

BUTT AUGMENTATION

MOMMY MAKEOVER TUMMY TUCK

FREE CONSULTATIONS!

Dr. Kenneth R. Francis - Board Certified Plastic Surgeon: Featured in:
"Allure, Glamour, and Inside Edition"

Longtime DA Morgenthau, scourge of white-collar criminals, dies at 99

Robert Morgenthau told the Times he oversaw 3.5 million cases over 35 years.

Former Manhattan District Attorney Robert Morgenthau speaks during an interview in his office in New York. REUTERS

Robert Morgenthau, 99, who became the scourge of white-collar criminals over three decades as the Manhattan district attorney, died on Sunday.

He passed at a Manhattan hospital after a short illness, his wife Lucinda Franks told the Times. He would've turned 100 on July 31.

His family was not immediately available for comment early Monday.

Morgenthau became Manhattan's chief prosecutor in 1975 and finally chose not to run for re-election in 2009 at age 90, ending a 35-year run during which he told The New York Times he oversaw 3.5 million cases.

Preet Bharara, a former United States attorney for the Southern District of New York, said on Twitter late Sunday, "This is terribly sad. Robert Morgenthau, former SDNY US Attorney and Manhattan DA, was an unparalleled patriot, veteran, prosecutor, public servant. He gave his whole life to service. RIP."

Morgenthau oversaw a staff of some 500 assistant district attorneys and held the position longer than anyone else in history. His approach to the job was summed up as pursuing crime in the suites, as well as the streets.

In the early 1990s, Morgenthau took a broad approach to his jurisdiction and went after the Bank of Credit and Commerce International (BCCI) in a scandal with global implications.

He indicted the bank and two foreign business figures on a variety of charges he said constituted "the largest bank fraud in world financial history." The Middle East-backed bank was eventually shut down around the world as some $20 billion disappeared from its books.

His office also won the conviction of former Tyco International Ltd. Chief Executive Dennis Kozlowski, who in 2005 was sentenced to up to 25 years for looting the conglomerate.

Other notable cases during Morgenthau's tenure included the murder of ex-Beatle John Lennon by Mark David Chapman in 1981 and the conviction of "Subway Vigilante" Bernard Goetz in 1984.

Among the failures of his office were the 1990 convictions of the "Central Park 5" — young black and Latino men wrongly convicted of raping a jogger. Twelve years later, the convictions were vacated when another man confessed to the crime.

As recently as 2016 he was still working for a New York law firm, the Times said.

Before making his first of eight runs for district attorney in 1974, Morgenthau, a Democrat, served as U.S. attorney for the Southern District of New York after being appointed by President John F. Kennedy.

"I was fired by Richard Nixon," Morgenthau said proudly in a 2007 interview, recounting how the president forced him out of office in 1970 while he was investigating Nixon's role in establishing a Swiss bank account with funds from former Dominican dictator Rafael Trujillo.

His father was Henry Morgenthau Jr., who was Treasury secretary during the Franklin Roosevelt administration, and his grandfather Henry Morgenthau Sr. was U.S. ambassador to the Ottoman Empire during World War I. REUTERS

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

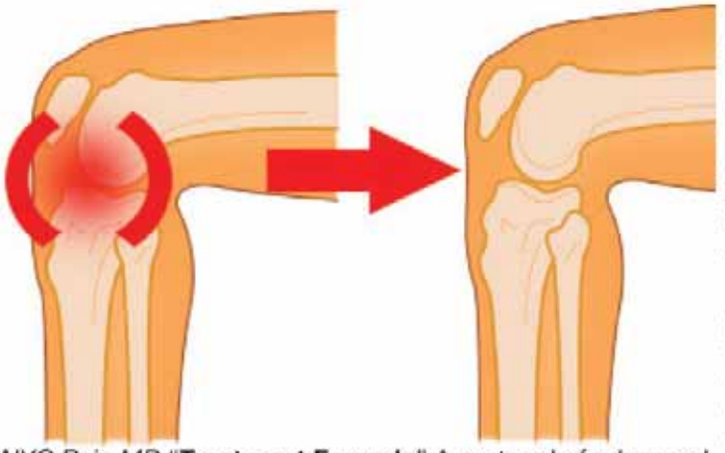
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

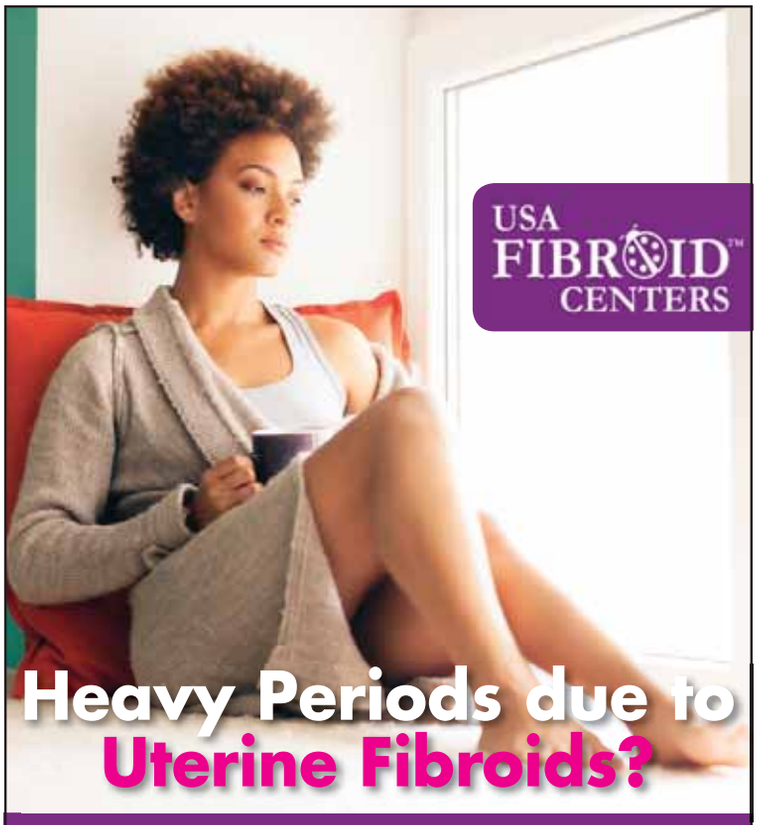
The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310



If You Suffer From Any of These FIBROID Symptoms...

- Bleeding Between Periods
- Reproductive Dysfunction
- Protruding Belly
- Heavy Bleeding
- Pelvic Pain
- Bloating
- Constipation
- Frequent Urination

...Then Consider Uterine Fibroid Embolization (UFE)

- **Minimally invasive** & non-surgical
- Short recovery and **no hospitalization**
- **Covered** by Medicaid & most insurance plans

Don't Hesitate, Call Today!

718-504-6414

www.USAFibroidCenters.com

BROOKLYN
2444 86th St. Ste A D
Brooklyn, NY 11214

924 Flatbush Ave. Q B 2 5
Brooklyn, NY 11226

2965 Ocean Pkwy #200 Q B
Brighton Beach, NY 11235

MANHATTAN
122 Fulton St A C J Z 2 3
Manhattan, NY 10038

1264 St. Nicholas, Ave A C 1
Washington Hts, NY 10026

QUEENS
116-02 Queens Blvd E F M R
Forest Hills, NY 11375

30-33 Steinway N Q M R
Astoria, NY 11103

162-03 Jamaica Ste 200
Queens, NY 11432 E J 6 F

LONG ISLAND
260 Sunrise Hwy #102
Valley Stream, NY 11581

BRONX
5221 Broadway 1
Bronx, NY 10463

384 E 149th St. # 201
Bronx, NY 10455 2 5

2157 White Plains Rd
Bronx, NY 10462 D 2 5

FOXHURST
947 Southern Blvd., Bronx,
NY 10459 (Now Open)

FORDHAM
11 E. Fordham Rd., Bronx,
NY 10468 (Coming Soon)

Hundreds of thousands in San Juan demand Puerto Rico's governor resign

Ricardo Rossello said he would not step down but won't seek re-election.

Hundreds of thousands of people filled San Juan streets on Monday to demand that Puerto Rico Gov. Ricardo Rossello resign over offensive chat messages, the latest scandal to hit a bankrupt island struggling to recover from deadly 2017 hurricanes.

Rossello's announcement on Sunday that he would not seek re-election next year and would step down as head of the New Progressive Party seemed to have little effect on the crowds, who called for him to immediately surrender the governorship. The island's largest newspaper on Monday called on the first-term governor to leave office.

Crowds of people, many dressed in black T-shirts and waving the U.S. island territory's flag, filled a major highway in San Juan in the latest in a series of more than a week of sometimes violent protests in the capital and elsewhere.

"They can't deny it: The power is in the street," San Juan Mayor Carmen Yulin Cruz wrote in a Twitter message on Monday.

"These governments are corrupt governments," said Martin Gonzalez, who joined Monday's march. "The people must make themselves be respected. And we take to the streets to be respected."

Rossello, 40, asked for forgiveness and said he respected the wishes of Puerto Ricans in a message broadcast online on Sunday.

"I know that apologizing is not enough," Rossello said in a video posted on Facebook. "A significant sector of the population has been protesting for days. I'm aware of the dissatisfaction and discomfort they feel. Only my work will help restore the trust of these sectors."

The publication on July 13 of sexist and homophobic chat messages between Rossello and top aides unleashed simmering resentment over his handling of devastating hurricanes in 2017, alleged corruption in his administration, and the island's bankruptcy process.

The protests were also sparked by U.S. authorities' announcement of a federal indictment involving six people, including two former high-ranking Puerto Rico government officials, charged with conspiracy and other crimes in connection with millions of dollars in federal Medicaid and education funds.

Puerto Rico's largest newspaper, El Nuevo Dia, called on Rossello to resign in an editorial published on Monday.

"Puerto Rico has spoken up, not only as a strong, broad and united voice but as the right voice," the editorial said.

So, what did the PR governor

As thousands of people fill the streets of San Juan, Puerto Rico's governor, Ricardo Rossello, on Sunday refused to resign over leaked text messages that were laced with sexist, homophobic and derogatory remarks that went so far as to ridicule victims of Hurricane Maria.

The San Juan protests have put an international spotlight on the texting scandal, which has been dubbed "Chatgate" and "Rickygate." But what exactly did Rossello say to fuel the outrage?

Nearly 900 pages of exchanges leaked and published by The Center for Investigative Journalism showed inflammatory remarks in a group text between Rossello and his inner circle.

In the texts, Rossello spews hate about former NYC Council Member Melissa Mark-Viverito, calling her a "wh—e," and describes another female politician as "daughter of a b—h." In one text thread about the management of Puerto Rico's financial crisis, Rossello wrote, "Dear oversight board, go f—k yourself," followed by several middle-finger emojis. In another conversation, Puerto Rico's former chief fiscal officer Christian Sobrino Vega expressed frustration with San Juan Mayor Carmen Yulin Cruz and said he wanted to shoot her.

"You'd be doing me a grand favor," Rossello responded.

In one particularly unsettling exchange, Rossello makes fun of the victims of Hurricane Maria, which devastated the island in 2017, killing more than 3,000 people. Sobrino Vega, the former chief financial officer, made a joke about the number of bodies in the aftermath of Maria. Rossello responded, "Now that we are on the subject, don't we have some cadavers to feed our crows?"

Rossello also ridiculed Puerto Rican pop star Ricky Martin for his homosexuality.

"Nothing says patriarchal oppression like Ricky Martin," he wrote. "Ricky Martin is such a male chauvinist that he

REUTERS

"You have totally grossly incompetent leadership at the top of Puerto Rico."

Donald Trump

"With a gesture of nobility and humility, Governor, it is time to listen to the people. You have to resign."

President Donald Trump, who feuded with Rossello in the aftermath of Hurricane Maria, blasted the governor at the White House on Monday.

"He's a terrible governor," Trump said. "You have totally grossly incompetent leadership at the top of Puerto Rico."

"POWER OF THE PEOPLE"

Puerto Rico's non-voting representative to the U.S. Congress as well as Democratic presidential candidates and lawmakers have called for the governor to step aside after nine days of sometimes violent protests.

Puerto Rico House Speaker Carlos Mendez, part of Rossello's New Progressive Party, appointed an independent panel on Friday to investigate whether the chats warranted impeachment.

The political turmoil comes at a critical stage in the island's bankruptcy process as it tries to restructure some $120 billion in debt and pension obligations.

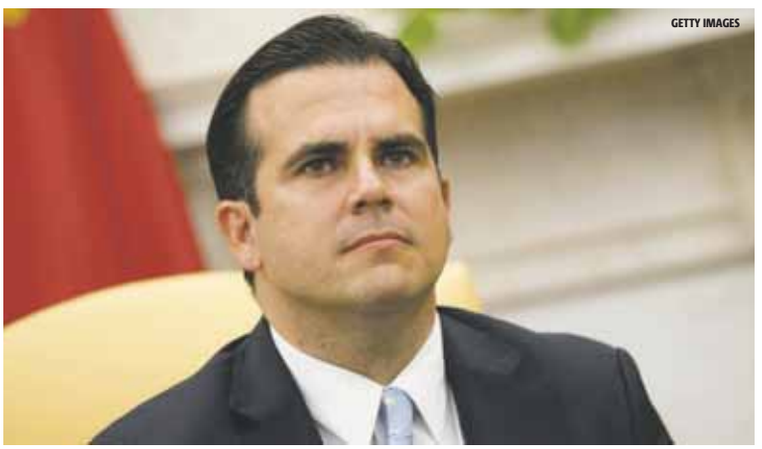
It has also raised concerns among U.S. lawmakers who are weighing the island's requests for billions of federal dollars for health care and work to recover from Hurricane Maria, which led to nearly 3,000 deaths.

Puerto Rican celebrities including pop singer Ricky Martin, a target of the governor's chats, meringue singer Olga Tanon and rapper Bad Bunny joined the protest crowds.

"I want to feel the power of the people," Martin, 47, said in a Facebook video, urging legislative leaders to start an impeachment process.

REUTERS

say to spark the outrage?



GETTY IMAGES

f—s men because women don't measure up. Pure patriarchy."

Martin has called for Rossello's immediate resignation and has been a vocal leader in Puerto Rico's protests.

"They mocked our dead, they mocked women, they mocked the LGBT community, they made fun of people with physical and mental disabilities, they made fun of obesity. It's enough. This cannot be," Martin said in a video on Twitter.

As of Sunday, Rossello had refused to resign his post. MORGAN ROUSSEAU

Transforming Respiratory Care
Breathe Easier, New York

National Jewish Health, the nation's leading respiratory hospital, and the Icahn School of Medicine at Mount Sinai, a top-ranked academic medical center, are working together to form the Mount Sinai – National Jewish Health Respiratory Institute. Discover a superior level of personalized care at the top center in New York focusing solely on respiratory care.
See us at our location on 10 East 102nd Street or at our newest location, 10 Union Square East.

MOUNT SINAI - NATIONAL JEWISH HEALTH
Respiratory Institute

Icahn School of Medicine at Mount Sinai
National Jewish Health

Make an appointment.
Visit therespiratoryinstitute.org or call 800-563-3498.

Credit-reporting company Equifax Inc. offices are pictured in Atlanta. REUTERS

Equifax to pay $700 million over 2017 data breach

Affected consumers will also be eligible for compensation.

Credit-reporting company Equifax will pay up to $700 million to settle U.S. federal and state probes into a massive 2017 data breach of personal information that affected around 147 million consumers, authorities said on Monday.

The largest-ever settlement for a data breach draws to a close multiple probes into Equifax by the Federal Trade Commission, the Consumer Financial Protection Bureau (CFPB) and nearly all state attorneys general. It also resolves pending class-action lawsuits against the company.

Equifax shares were up 1.2 percent at $138.88 in morning trading.

> **"This company's ineptitude, negligence and lax security standards endangered the identities of half the U.S. population."**
>
> **New York state Attorney General Letitia James**

"This company's ineptitude, negligence and lax security standards endangered the identities of half the U.S. population," New York AG Letitia James said in a statement.

Under the settlement, the company will pay a $175 million fine to the states and $100 million to the CFPB.

The company will also establish a $300 million restitution fund for harmed consumers which could climb to $425 million depending on how many customers use it. While roughly half of all Americans saw their information compromised, the restitution fund is only available to consumers who can show they suffered direct costs from the breach, either as victims of fraud or by setting up credit-monitoring services.

Affected consumers will also be eligible for 10 years of free credit monitoring from Equifax, and the company agreed to make it easier for consumers to freeze their credit or dispute inaccurate information in credit reports.

Regulators on Monday said Equifax broke laws protecting consumers from unfair and deceptive practices by failing to provide reasonable security for the massive quantities of sensitive personal information it stored, and by deceiving consumers about the strength of its data security program.

Equifax, one of three major credit-reporting companies, disclosed in 2017 that a data breach had compromised the personal information, including Social Security numbers, of 143 million Americans. Including Canadian customers, around 147 million consumers were affected in total.

The hackers behind the breach have never been identified by authorities.

The scandal sent the company into turmoil, leading to the exit of its then-chief executive, Richard Smith.

Lawmakers questioned how private companies could amass so much personal data, setting off efforts to bolster consumers' ability to protect and control their information. The Senate Banking Committee is currently working on legislation that would require companies to better protect consumer data.

"While I'm happy to see that customers who have been harmed as a result of Equifax's shoddy cybersecurity practices will see some compensation, we need structural reforms and increased oversight of credit-reporting agencies in order to make sure that this never happens again," Democratic Sen. Mark Warner said in a statement. REUTERS

CARING
HAS A PLAN.
She has a name.
Her health plan
actually knows it.
SEE WHAT'S POSSIBLE
WHEN HEALTH CARE
GETS PERSONAL.
VILLAGECAREMAX
$0 plan premiums*
up to $150
monthly over-the-counter card
* Premium, co-pays, coinsurance and deductibles may vary based on the level of Extra Help you receive. Please contact plan for further details.
Are you getting the most out of your Medicare plan?
MEDICARE HEALTH INSURANCE
Name/Nombre
JOHN L SMITH
Medicare Number/Número de Medicare
1EG4-TE5-MK72
Entitled to/Con derecho a
Coverage starts/Cobertura empieza
HOSPITAL (PART A) 03-01-2016
MEDICAL (PART B) 03-01-2016
SAMPLE
NEW YORK STATE BENEFIT
villagecaremax.org
Call to enroll or make an in-person appointment
1-800-469-6292 (TTY 711)
8 am to 8 pm, 7 days a week
VillageCareMAX is an HMO plan with Medicare and New York State Medicaid contracts. Enrollment in VillageCareMAX depends on contract renewal. Service area includes the following counties: Bronx, Kings (Brooklyn), New York (Manhattan) and Queens. For accommodations of persons with special needs at meetings, call 1-800-469-6292 (TTY: 711). VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711).注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292（TTY：711）.
H2168_MKT19-14_M Accepted

Hong Kong cops criticized over failure to stop attacks on protesters

REUTERS

Hong Kong police faced criticism on Monday for an apparent failure to protect anti-government protesters and passersby from attack by what opposition politicians suspected were gang members at a train station over the weekend.

Sunday's attack came during a night of escalating violence that opened new fronts in Hong Kong's widening crisis over an extradition bill that could see people from the territory sent to China for trial in Communist Party-controlled courts.

Protesters had earlier on Sunday surrounded China's main representative office in the Asian financial hub and defaced walls and signs and clashed with police.

Hong Kong's Beijing-backed leader, Carrie Lam, condemned the attack on the Central Government Liaison Office, saying it was a "challenge" to national sovereignty.

She condemned violent behavior of any kind and said she had been shocked by the clashes at the station, adding that police would investigate fully. "Violence will only breed more violence," Lam said while flanked by senior city officials.

Some politicians and activists have linked Hong Kong's shadowy network of triad criminal gangs to political intimidation and violence in recent years, sometimes against pro-democracy activists and critics of Beijing.

TRUMP HOPES XI "WILL DO THE RIGHT THING"

In Washington, U.S. President Donald Trump said he believed Chinese President Xi Jinping has acted "very responsibly" with the protests, which have been the Chinese leader's greatest popular challenge since he came to power in 2012.

"I know that that's a very important situation for President Xi," Trump told reporters when asked about images of protesters being beaten and whether Beijing might have allowed this to happen.

"You could say what you said, but you could also say that he has allowed that to go on for a long time and ... I think it's been relatively nonviolent."

Asked if he thought the protests should be allowed to continue, Trump said: "Well, they are ... I don't think China has stopped them. China could stop them if they wanted. ... I think that President Xi of China has acted responsibly, very responsibly. ... I hope that President Xi will do the right thing, but it has been going on a long time, there's no question."

Hong Kong has been hit by a series of sometimes-violent protests for over two months — its most serious crisis since the city was handed back by Britain to China in 1997 but with democratic freedoms under a "one country, two systems" formula.

On Sunday night, scores of men in white T-shirts, some armed with clubs, flooded into the rural Yuen Long station and stormed a train, assaulting passengers with pipes, poles and other objects, according to video footage.

Witnesses, including Democratic lawmaker Lam Cheuk-ting, said the men appeared to target black-shirted passengers who had been at an anti-government march.

Lawmaker Lam, who was wounded in the face and hospitalized, said the police ignored his appeals to them to intervene to prevent bloodshed. "They deliberately turned a blind eye to these attacks by triads on regular citizens," he told Reuters, saying the floors of the station were streaked with blood. REUTERS

THE POWER OF RED IS BACK
GET $100*
Bring in your dog or your TD Bank Debit Card and open a new account with us to receive your $100 bonus.
Visit our new store at 14th St. & 5th Ave.
myrepublicbank.com
REPUBLIC BANK
FDIC
*Offer valid on new checking accounts opened with $250.00 or more. Offer is valid only for accounts opened in the State of New York. Bonus will be directly deposited into your account within 30 days of account opening. Bonus may be tax reportable. Offer may be withdrawn at any time and without notice. Limit 1 bonus per customer.

As Mueller testimony approaches, Trump can't look away

Trump took to Twitter again on Monday to call the hearings a "witch hunt."

President Donald Trump said on Monday he will watch only "a little bit" of Robert Mueller's long-awaited congressional testimony on the results of his 22-month inquiry into Russian interference in the 2016 U.S. election and renewed his attacks on the former special counsel.

Mueller's findings have kept Trump on the defensive since the Justice Department released a redacted version of the former FBI director's report in April, as congressional Democrats struggle with whether to launch the impeachment process set out in the U.S. Constitution for removing a president from office.

> **"No, I'm not going to be watching, probably. Maybe I'll see a little bit of it."**
>
> President Trump

Asked by reporters whether he would watch television coverage of Wednesday's hearings before two Democratic-led House of Representatives committees, the Republican president said, "No, I'm not going to be watching, probably." But he quickly added, "Maybe I'll see a little bit of it."

The committees are conducting their own investigations of Russia's role in the 2016 election and the extensive contacts between the Trump campaign and Moscow detailed by Mueller.

Mueller's report said the investigation found insufficient evidence to prove that Trump and his campaign engaged in a criminal conspiracy with Russia despite the numerous contacts. The report did not reach a conclusion on whether Trump committed the crime of obstruction of justice, but did not exonerate him.

Attorney General William Barr, a Trump appointee, subsequently concluded the president had not committed obstruction of justice.

Trump has attacked the Mueller investigation and the FBI inquiry that preceded it as a politically motivated "witch hunt" and repeated the words "No collusion! No obstruction" in Twitter posts even though Mueller did not come to either conclusion.

Trump has lashed out repeatedly at Mueller, who has served under both Republican and Democratic presidents.

He kept up the attacks on Twitter on Monday: "Highly conflicted Robert Mueller should not be given another bite at the apple. In the end it will be bad for him and the phony Democrats in Congress who have done nothing but waste time on this ridiculous Witch Hunt." REUTERS

Robert Mueller. REUTERS

QUALITY DENTURES
THE SAME DAY
NY's Place for same day dentures for over 40 years.

Smile with Confidence

NEW PATIENT PACKAGE
MAINTENANCE
CLEANING
DIGITAL X-RAYS
$89
With This ad only. One per patient.
First visit only. Coupon expires 8/15/19
*some restrictions may apply

NEW PATIENTS Only
ONE
DENTURE
RELINE
$194
With This ad only. One per patient.
First visit only. Coupon expires 8/15/19
*some restrictions may apply

FREE CONSULTATION

DENTURE REPAIRS AND RELINES WHILE-U-WAIT!

MOST INSURANCE PLANS WELCOME
SENIOR Cit. Discounts* on new dentures and crowns
Full Service State of-the Art Cosmetic Dentistry

HERALD SQUARE DENTAL & THE DENTURE CENTER EST. 1977

224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
Call Now! 212-689-0024 • www.denturecenter.com
Cannot be combined with other offers *not to be combined

Cristiano Ronaldo will not face Vegas rape charges

Juventus' Cristiano Ronaldo. GETTY IMAGE

Portuguese soccer star Cristiano Ronaldo will face no charges in Las Vegas in connection with a 10-year-old sexual assault allegation because the case cannot be proven beyond a reasonable doubt, prosecutors said on Monday.

Ronaldo, who is widely regarded as one of the greatest soccer players of all time and plays for the Italian club Juventus, has maintained he is innocent of rape.

The allegation made headlines last year after Las Vegas police said they were investigating it.

The case stems from a June 13, 2009, call from a woman to Las Vegas police. She reported that she had been sexually assaulted and police took her to the hospital for an examination, the Clark County District Attorney's Office said in a statement on Monday.

But she declined to identify the person who she said assaulted her.

The woman and Ronaldo reached a civil settlement in 2010 and law enforcement did not hear from her again until Aug. 28, 2018, when she asked police to reopen the investigation. She said Ronaldo was the person who sexually assaulted her, prosecutors said.

"Based upon a review of the information presented at this time, the allegations of sexual assault against Cristiano Ronaldo cannot be proven beyond a reasonable doubt," the District Attorney's Office said in a statement.

Ronaldo's attorney, Peter Christiansen, and a representative for his sports agents could not immediately be reached for comment. REUTERS

Adult ADHD

☒ Are you easily distracted?
☒ Always late?
☒ Can't finish projects?
☒ Restless or impulsive?
☒ Disorganized at work, school, or in daily life?

If you experience ADHD symptoms and are between **18 and 55 years old**, you may be eligible for a research study of an investigational medication for ADHD.

Call or TEXT:
(212) 595-5012

☒ Compensation for travel is offered if you qualify.

The Medical Research Network • 134 East 93rd Street, New York, NY
www.MedicalResearchNetwork.com
MGAHD-1901

YOUR LEGS DON'T HAVE TO SUFFER!

- VARICOSE VEINS
- SPIDER VEINS
- LEG ULCERS
- LEG SWELLING
- BURNING
- ITCHING
- RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

CALL TODAY!
212.204.6501

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

111 John St, Ste 1450
(bet Cliff & Pearl St)
New York, NY 10038

369 Lexington Ave, Ste 18 A
(bet 40th & 41st St)
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

7 Things college freshmen don't need — and 10 they do

NerdWallet is a personal finance website.

Those ubiquitous checklists of "dorm room essentials" for college freshmen are filled with items that will be ditched by the end of first semester.

Some parents "go to the store and grab a list like they did when their kids were in elementary and high school and just go straight down the list," says Lisa Heffernan, mother of three sons and a college-shopping veteran. Or they buy things they only wish their students will use (looking at you, cleaning products).

You can safely skip about 70 percent of things on those lists, estimates Asha Dornfest, the author of "Parent Hacks" and mother of a rising college sophomore who's home for the summer.

Here are seven items you can skip:

1. Printer. Don't waste desk space or, worse, store it under the bed; printers are plentiful on campus.

2. TV. Students may watch on laptops or on TVs in common areas or in someone else's room. Bonus: Your teen gets out and meets others.

3. Speakers. Small spaces don't require powerful speakers; earphones may be a good idea and respectful of roommates.

4. Car. Some colleges bar freshmen from having cars on campus or limit their parking. You also may save on insurance by keeping the car at home.

ISTOCK

5. Luggage. If you bring it, you must store it. Heffernan suggests collapsible blue Ikea storage bags with zippers.

6. Toiletries to last until May. Bulk buying may save money, but you need storage space.

7. Duplicates of anything provided by the college, such as a lamp, wastebasket, desk chair or dresser.

Ten things — besides the all-important mattress topper and laptop — that many students consider dorm room essentials include:

1. One or two fitted sheets in the correct bed size, plus pillowcases. Heffernan says most students don't use top sheets.

2. Comforter or duvet with washable cover.

3. Towels in a distinctive pattern or light enough for labeling with laundry marker, plus shower sandals.

4. Power cord with surge protector and USB ports.

5. Basic first aid kit.

6. Easy-to-use storage. If it's a lot of work to get something out, your student won't, Heffernan says.

7. Cleaning wipes. Students might not touch products that require multiple steps, but they might use wipes, according to Heffernan.

8. Reading pillow with back support for studying in bed.

9. Area rug. Floors are often hard and cold.

10. Comfort items. Dornfest says it could be a blanket or a picture of the dog — something from home that will make the space a bit more personal.

Afraid you'll forget something important? You might, Heffernan says. But chances are, you or your student can order it online and get it delivered. Consider doing this with some items simply to avoid the hassle of bringing them yourself, and remember that "dorm necessities" often go on sale once school starts. **BEV O'SHEA**

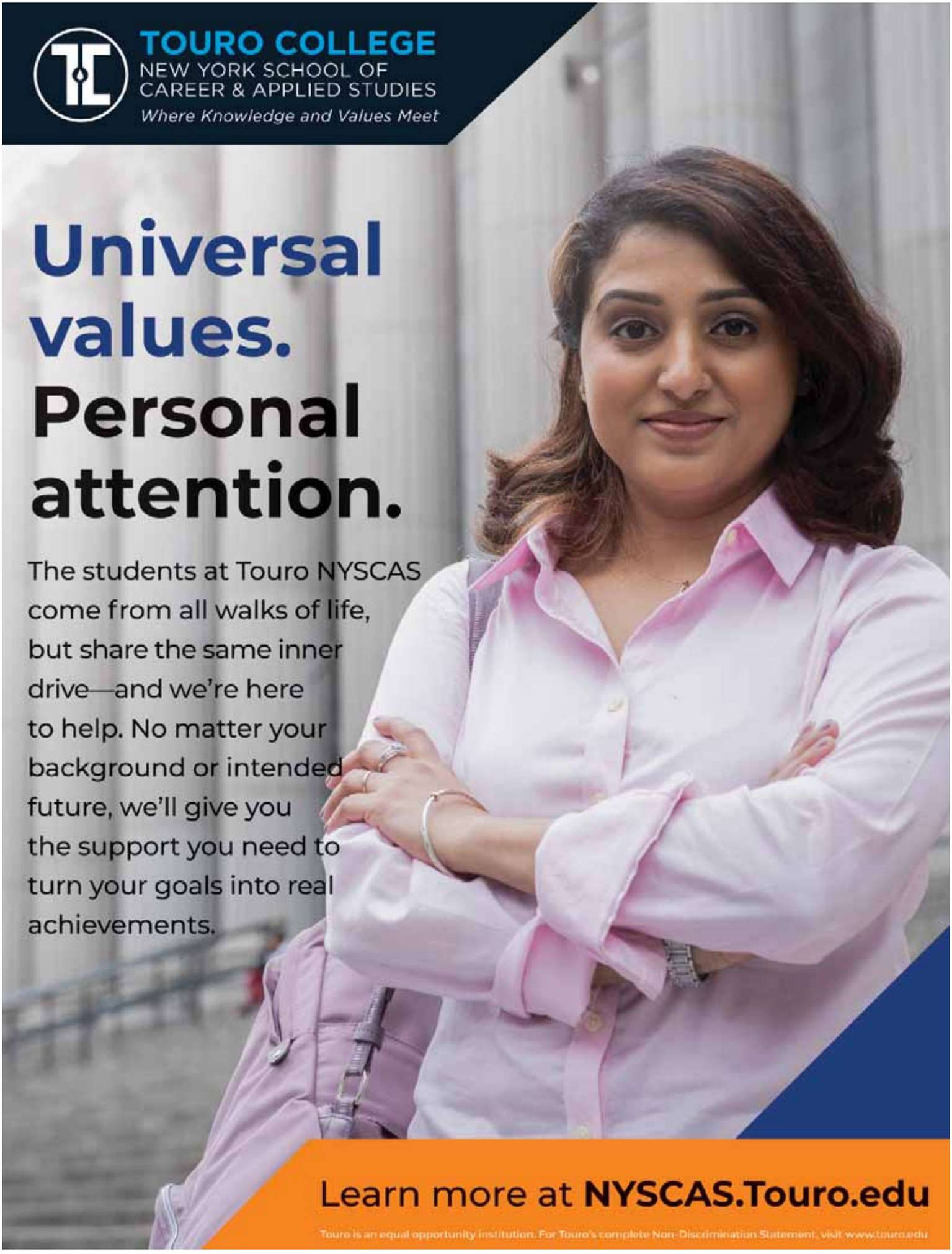
BMCC CENTER FOR CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT
Start Here. Work Anywhere. CUNY

ALLIED HEALTH | INFORMATION TECHNOLOGY | PROFESSIONAL DEVELOPMENT | ESL

Visit us on the Web: www.bmcc.cuny.edu/ce • For questions please call: (212) 346-8410
Borough of Manhattan Community College Center for Continuing Education and Workforce Development
25 Broadway, 8th Fl., New York, NY 10004

TOURO COLLEGE
NEW YORK SCHOOL OF CAREER & APPLIED STUDIES
Where Knowledge and Values Meet

Universal values. Personal attention.



The students at Touro NYSCAS come from all walks of life, but share the same inner drive—and we're here to help. No matter your background or intended future, we'll give you the support you need to turn your goals into real achievements.

Learn more at **NYSCAS.Touro.edu**

Touro is an equal opportunity institution. For Touro's complete Non-Discrimination Statement, visit www.touro.edu

SPONSORED BY
Resorts World CASINO NEW YORK CITY

the GRUMBLE

sudoku

EASY

1	2			3		9		
	9				7			
			9	1	5		6	7
8				9	4		2	6
4	6						1	9
5	1		6	2				3
9	3		8	4	1			
			7				4	
		1		5			9	8

MEDIUM

9				7				
7		5	6		4		3	
		1	3					
				8		7		1
		6	5		3	8		
4		9		1				
					5	4		
	3		8		1	6		7
				3				5

HARD

							1	
2				1	5	8	3	
	1	4		2				
6					2	4		5
3								2
5		9	7					1
				4		1	5	
	7	5	6	8				3
	3							

READER WRITE-INS:

ANTS!

My kitchen is being invaded by ants. How do I get rid of them short of squashing them? I've tried ant traps, but they don't work. Help!

— **Anonymous**, *Metro US reader*

ISTOCK

WINNING
BY THE NUMBERS!
• Over 6,000 games: the most anywhere!
• Up to $1,000 Free Play for new members!
• 20,000 visitors every day: come see why!
PLAY
DINE
UNWIND
Resorts World CASINO NEW YORK CITY

metro.us/horoscopes

Aries Get busy, do something physical and make changes that will improve your life, relationships and lifestyle. Expand your mind and your interests.

Taurus A change will take you by surprise. Don't feel pressured to jump into something without first getting all the facts. Time is on your side. Good things will develop if you are patient.

Gemini Alter the way you live or how you approach carrying out your responsibilities. Refuse to let anyone take you for granted or manipulate you. Walk away from excessive people and situations.

Cancer Your goals should be to stabilize your life and nurture meaningful relationships. Try not to let your emotions interfere with your responsibilities or productivity. Say less and do more.

Leo Take a journey. Whether it's a physical, mental or spiritual trip, what you gain will be enlightening. Opportunity is within reach if you are willing to work hard.

Virgo Embrace change and be open to discussing new possibilities. An opportunity to negotiate a better deal or to invest in something looks promising. Substantial improvements can be made.

Libra Work hard to make things better. Doing your part and maintaining a positive attitude will help alleviate someone's desire to control you.

Scorpio Absorb information. Don't force your will on others. Once you have acquired the necessary knowledge, you can do as you please. Choose action over anger.

Sagittarius Lay your cards on the table and sort through any differences you have with a personal or professional partner. Equality will be necessary to avoid conflict.

Capricorn Not everyone will like the changes you want to make, but you have to do what's best for you and for your loved ones. Satisfy doubt with facts.

Aquarius You can recall the past and reconnect with people you miss, but you must dwell in the now. It's essential to move forward with your life, regardless of what others are doing.

Pisces Keep life simple, affordable and free of melodrama. Focus on the people you love and the things you love to do, and make sure to help the people who have always been there for you. EUGENIA LAST

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

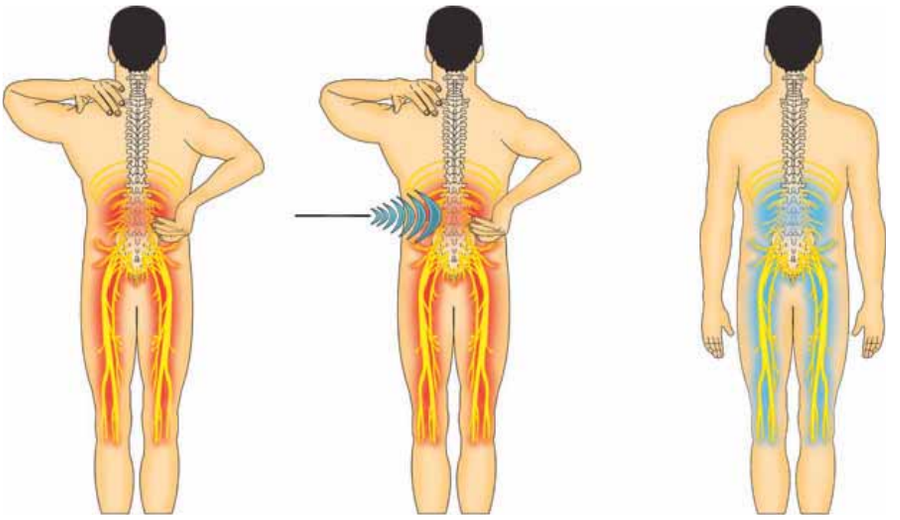
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

877-907-2934

PROVIDED

How finally saying 'Au revoir, NYC' led to 'C'est la Vie' for Phosphorescent's Matthew Houck

The band plays the newly opened outdoor venue 99 Scott this Thursday.

PAT KING
patrick.king@metro.us

Like many of us, songwriter Matthew Houck had hit his breaking point with New York. But while many of us choose to wear veils of delusion over our eyes and claim that we could raise a family in our faux-two-bedroom apartments, the longtime frontman of the indie-darling band Phosphorescent decided it was time to leave the city behind and start a new chapter.

Within the five years following the release of his critically heralded album "Muchacho," Houck, along with his wife and bandmate Jo Schornikow, decided to make the move down to Nashville to start a family. The couple has since welcomed two children and within that time, Houck went to work on what would become the latest Phosphorescent album, "C'est la Vie," which was released in October 2018.

"We had been touring so much that we weren't there all that much," said Houck of the decision to leave New York. "And when we were there, every time we came back it was like a different city than the one we had left a couple months before. New York is such a difficult city but you do those difficulties because there's this amazing city! For whatever reason, that balance just seemed … why are we dealing with the struggles when we are unable to tap into the rewards?"

The album was written and recorded in a studio that Houck converted from an old warehouse space in his new city. In the old days, Houck would tend to have his "studio" surrounding where he slept while living in cramped quarters in Brooklyn. But while those lo-fi quality of those older recordings are a thing of the past, that sense of adventure and mad-scientist tinkering is still a part of Houck's DNA, no matter how successful he has become or the size of the studio.

"New York is such a difficult city but you do those difficulties because there's this amazing city! For whatever reason, that balance just seemed … why are we dealing with the struggles when we are unable to tap into the rewards?"

"To me, the process has not changed except for having access to better tools," says Houck. "In some ways it's made it a lot more complicated, especially on this last record. I do feel that each record, at least sonically, sounded better than the one before it. The initial process is still really exactly the same. There's just a lot more wires [laughs]. Also, this band I have now, some of them I've been playing with for quite a few years now. It's a great resource to be able to know that I've got world-class musicians to holler at when it's time to bring them in."

As for the actual songs on the album, the nine songs on "C'est la Vie" find Houck writing from a position of someone taking a long and well-deserved exhale after driving for hours through sheets of pounding rain. It's a place of contentment, and it suits his trademark style that conjures the feeling of Willie Nelson playing in a futuristic digital saloon. During my phone conversation with Houck, I ask him if he feels settled into his new life down South and if he believes it has shown through in this new batch of songs.

"You must be right, and everyone must be right in what they're hearing," he says. "There is something that is more settled about the way this record sounds. To me, the feeling that makes me want to sit down and write songs is a very troubled and strange feeling that I wouldn't say is settled at all. I still hear the struggle and the searching aspect of these tunes more than the contented [aspect]. Phosphorescent has trafficked in some very rough stuff and emotional territory over the years. I do think that this one is a bit easier on some of that stuff."

The band will be playing some shows this summer in support of the new album, including one this Thursday at the newly opened outdoor East Williamsburg venue 99 Scott as part of its "Open Air" series. One thing is for certain: Houck hopes to stray from the relentless touring schedule the band had surrounding the release of "Muchacho," and to get back to recording the follow-up to "Cest la Vie" sooner than later. While that may be the case, he has found having his partner in life as a band member a calming force within the insanity that surrounds being in a band for a living.

"Everything has its pros and cons," Houck says, regarding playing and touring with Schornikow. "But I know it wouldn't have been possible to have any sort of stable relationship alone, with kids and all that, if she wasn't in the band and able to travel. Being on the road all of the time was never conducive to me having any sort of home life."

Make sure to catch Phosphorescent at 99 Scott this Thursday, July 25.

America's new favorite pink drink: Pink gin

A British favorite is taking America by storm.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Pink is everyone's favorite color in the summer-beverage world, from Starbucks' "Pink Drink" to all varieties of rosé. It's clear the pink drink takeover is here to stay, and there's a new pink beverage coming for the crown: pink gin.

Pink gin has been a favorite of Europeans for quite some time, and America's interest in it is growing. Boodles British Gin is one of the first companies bringing the coveted spirit to the U.S. The company just launched a rhubarb and strawberry gin stateside.

Even though the trend is new to Americans, pink gin goes back to the 1800s. According to Ginfoundry.com, gin was once used to cure seasickness by the Royal Navy. To make it taste better, sailors added bitters to it, giving it its famous pink color. Things have changed since then. Now, modern pink gin gets its color thanks to the addition of reddish fruits such as rhubarb, strawberries and raspberries.

Metro spoke with Pippa Guy, a world-renowned bartender and the first woman senior bartender at The Savoy Hotel in London, about the recent interest in pink gin. Guy believes this could be the mo-

ment for gin to really break into the American market. She thinks pink gin has piqued American's interests for a few reasons, one being that its flavor profile is a little friendlier than traditional gin.

"I think a lot of the pink gins have refrained from being too juniper-driven, and have a lot more of the fruit profile," Guy told Metro, adding that pink gin might be a bit more palatable to Americans because of the pink fruits involved in the brewing process.

Guy thinks part of the interest in pink gin comes from social media.

Even if you're not a "gin person," Guy recommends giving it a try, maybe combining pink gin with tonic for a classic pairing, or soda water which gives a similar flavor profile. To bring out the sweetness in the pink gin, she recommended splashing it with lemonade.

To taste pink gin yourself, from July to October Boodles is setting up shop in Showfields. For the bar's hours, check out both the @Boodlesgin and @Showfields Instagram accounts, which will have updates. Showfields is located at 11 Bond St.

A Boodles Gin cocktail, available at Showfields. ALL PHOTOS BOODLES GIN

The Future of Foot Surgery has arrived at NY Podiatric Medicine

Don't hide them… WE CAN HELP!
Specializing in Surgery and Aesthetics of the Foot.

Dr. Andrew Glass DPM
212-867-2500

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means Less Cutting

MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

All Photos of Actual Patients

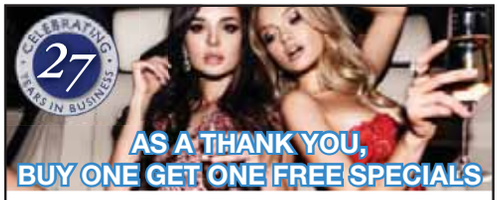
HAMMERTOE CORRECTION

www.nymidtownpodiatry.com
MIDTOWN
315 Madison Ave., Suite. 2301 • 212-867-2500
As seen on and CBS

MOST INSURANCE PLANS ACCEPTED
FREE CONSULTATION WITH THIS AD

FRAME.COM
Quality Custom Online Framing
At Half The Price Of The Frame Shop
Pick Up And Delivery In NYC Is Always Free
Skip The Annoying Visits To The Frame Store

True Custom Framing Starting At Just $49
Digital File Or Photo?
No Problem, Upload And We'll Print For Free.
Use Promo Code: METRO For 30% Off Your Order.
Go To Frame.com/NYC To Get Started
MADE IN NY
FRAME.COM
Offer Good Until 8/15/19



Microdermabrasion	2 for $99
Hi Frequency Facial	2 for $99
UV Gel Manicure	2 for $49
Laser Hair Removal for Full Body	2 for $399
Oxygeneo Revitalize Skin Treatment	2 for $149
Full Body Wax (Add on Brazilian $25 Extra)	2 for $125
Velashape III: Cellulite & Body Contour	2 for $198
Zerona Full Body Inch Loss	2 for $99
Cavi Lipo to Reduce Cellulite & Fat	2 for $99
Skin Tightening Laser	2 for $198
Fractional for Stretch Marks, Acne Scars	2 for $198
Clear and brilliant anti aging and pigment reduction	2 for $299

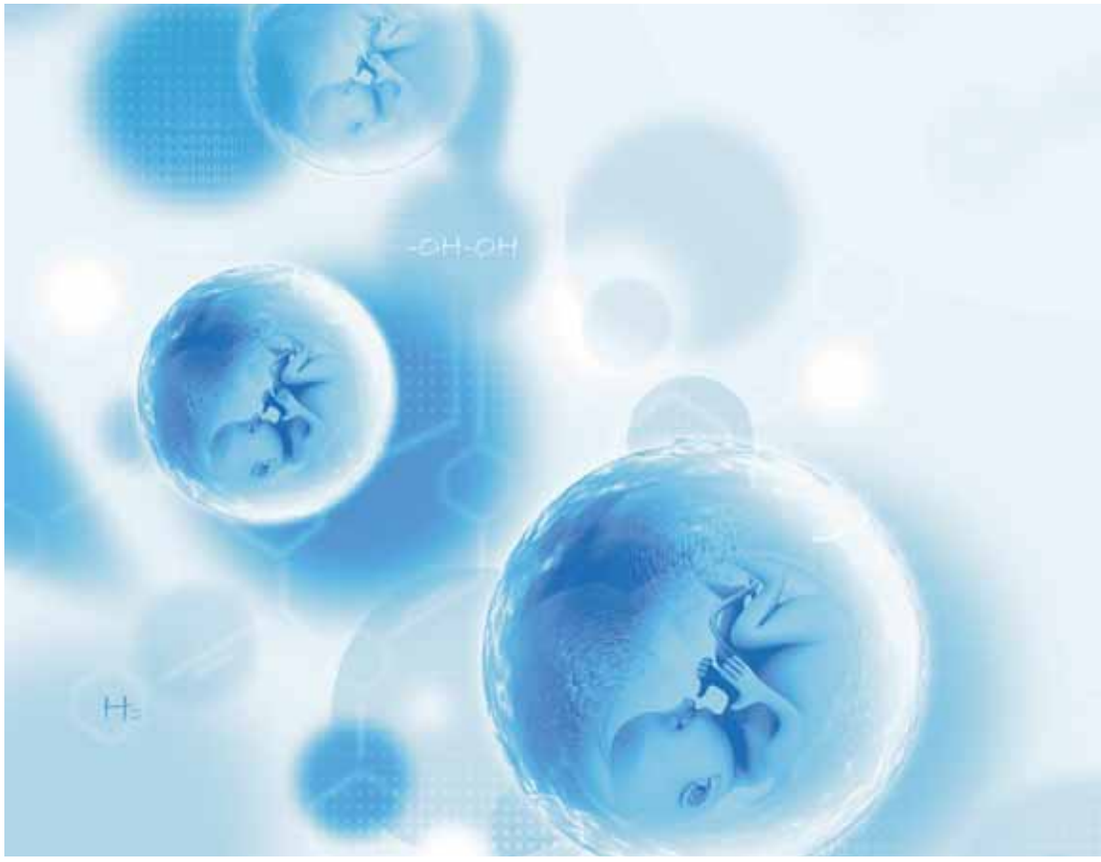
coolsculpting
$300 off
✔ no down time
✔ no diet needed
still time to rid fat for summer..
results in as little as 3 weeks

emsculpt
build muscle on stomach, legs or arms tone and lift booty
4 sessions is all you need
Buy 3 get 1 FREE

We accept care credit
Open 7 days a week
180 7th Ave. South,
btwn W 11th Street & Perry Street
Expires 7/31/19

spa Jolie
Laser, Slimming & Anti Aging Spa
212-229-1389
www.nylaser.net

*Specials cannot be combined with other specials.
Specials cannot be used on the same day of purchase.**



'Designer' babies: Intervention without standards

Chinese biophysics researcher He Jiankui's recent experiment of creating the first genetically edited human babies was condemned by the scientific community. He was criticized for skipping protocols, as well as for the social implications of his work.

LUZ LANCHEROS, MWN
letters@metro.us

The 1997 science-fiction film "Gattaca" showed a dystopian future in which genetically modified children tailored at the wish of their parents, with "better" physical qualities, were those who obtained better jobs and leading places in society. Today, due to several very controversial scientific experiments, this could become a reality. For example, Russian scientist Denis Rebrikov and Chinese researcher He Jiankui have been experimenting with embryos that through the so-called CRISPR (clustered regularly interspaced short palindromic repeats, a family of DNA sequences found within the genomes of organisms such as bacteria and archaea) method intend to edit genetics resulting in individuals immune to diseases such as HIV or even being born deaf. Last November, Jiankui managed the birth of a pair of baby twin girls with self-funded research.

But these experiments, especially those of the Chinese biophysics researcher, have generated rejection and controversy among the scientific community. Not only due to the door that this new form of eugenics opens, but also for the ways in which these experiments were conducted.

And there are several problems. For one, the scientist did not disclose all the data about his research. He said he had sent it to be published, but nothing came out of it. His colleagues did not have a chance to review anything before he provided the results, a fundamental and standard step that has to accompany any discovery or investigation. What he did is likely illegal and even his own country now is investigating whether he violated the law.

Jiankui modified the CCR5 gene, which produces a protein that causes HIV to infect cells. The scientist recruited people from an organization that helps HIV-positive couples in which the man has the virus and the woman does not. He tried to disable the gene with the CRISPR technique. Jiankui's early experiments were presented to two genetic companies, but there was no mention regarding the creation of pregnancies. The method used was also questioned, since the technique used modifies other genes besides the desired ones. And there is also another factor, the genetic mosaic, in which some cells contain the modified genes and others do not.

ISTOCK

One of the criticisms of He Jiankui's experiment was precisely that there are less dangerous methods for protecting children from HIV.

"For example, in North America, in vitro fertilization uses sperm washing so the child can be born healthy. And clearly, you teach the child — like any other child at his age — about risky behaviors and how to prevent from getting the disease. Those are the ways in which you can achieve the disease not spreading," Françoise Baylis, professor at the Faculty of Medicine at Dalhousie University in Canada, explained to Metro. "It has been reported that in China, for an HIV-positive partner, it is very difficult to access in vitro fertilization and it is true that it is very expensive. The couples who participated in this scientist's experiment were paid and he has even been supporting them financially after the birth. That's why there are many factors that influence this situation."

Jiankui has claimed that Lulu and Nana, the world's first genetically edited twins, were born healthy. But to date nothing has been proved. The scientific community worries about the girls' well-being, however a signed consent by their parents dissociates the scientist from any responsibility.

> **"Many people have concerns about the fact that there is not enough evidence about genetic modification safety or effectiveness. And that it could be potentially harmful."**
>
> **Françoise Baylis, professor at the Faculty of Medicine at Dalhousie University in Canada**

"Here we face what we call 'scientific integrity.' Scientists must act in adherence to certain values — an issue that today, in the world of research ethics, is in the foreground," Eduardo Diaz, expert in bioethics at Colombia-based Universidad Javeriana, stated. "Many people ask for all this to be regulated, for parameters to establish what is acceptable and what is not, but this is not enough. We need integrity. A scientist must realize that he cannot act as in this case, where the researcher did not go through the controls at the university where he worked; did not previously submit the project; lied; wanted to obtain a personal benefit rather than a benefit for the people he supposedly was helping. There was never a peer review when it was published or corroboration by independent peers."

He added: "All these are part of the established norms which he chose to ignore. Science has procedures, there are ways of practicing; it is not just what anyone chooses to do. In that sense, it is important to show that in order for an investigation or experiment to be ethically acceptable, it must be methodologically and scientifically well done. For one to intervene on a human with something, or in this case an intervention at a genetic level, previous steps that establish that it is safe, where we know that the risks are less than the benefits, are required. In this case, there has been a consensus among scientists — not only among those working in ethics and research — that it was wrong, it did not act with the standards and steps that scientists know should be present."

On the other hand, and beyond scientific legitimacy, there are other kinds of concerns as to whether these couples, whom the scientist paid, knew about the collateral effects of the experiment. For now, there is a unanimous rejection regarding scientific and sanitary instances (at least in the U.S. and other countries where these experiments are illegal, except in extreme cases).

But, the doors are open to other types of futures. One, that these people inherit new characteristics for their progeny; and two, that future technology not only helps to solve illnesses but also opens a breach.

"This has angles. An excellent technology to prevent a disease can be developed but may only be available for the few who can actually afford it, and so can begin to be seen as less useful for people with genetic problems or less useful to be diagnosed in new, very specific ways. And so we begin to divide human beings into categories. Society must have a voice so that this does not become a way of discriminating. It is important that society understands that science is something [about which] people need to have a voice and an opinion," Diaz concluded.

For now, legal genetic services in some countries continue to help diagnose diseases. But a door has been opened to the possibility of more experiments, perhaps a little more regulated and ethical, that could respond to other questions and solutions that may arise. The debate is just starting.

Manhattan Best Dental Care
Thanks To The High Volume Of Satisfied Patients We Could Reduce Our Prices Again!
Interest Free Payment Plans From $0 Down
A beautiful and healthy smile has never been more affordable
Up to 50% OFF
80-45 Kew Gardens Rd.
Kew Gardens, NY 11415
(718) 261-2005
1623 3rd Ave., Suite # 204
New York, NY 10128
(212) 722-4088
We Are Giving You 10 Reasons To Smile:
Oral Exam, Consultation ..... Free
Oral Cancer Screening ..... Free
X-Ray With Teeth Cleaning ..... $175 .....$300
Implant With Porcelain Crown .... $1499 .....$3000
Invisalign Clear Braces ..... $4999 .....$7000
Zirconia Porcelain Crown ..... $700 .....$1400
Zoom Teeth Whitening ..... $399 .....$599
Overdentures With Implants ..... $4490 .....$7500
Porcelain Veneer ..... $700 .....$1400
Root Canal ..... $700 .....$1400
Call for Free Consultation
www.manhattanbestdentalcare.com

XINCON

DO YOU KNOW YOU CAN HIRE YOUR FAMILY/FRIEND TO TAKE CARE OF YOU?

JOIN CDPAP NOW!

(Consumer Directed Personal Assistant Program)

With the CDPAP Program you have the freedom to hire your own caregivers. You can design your own schedule, and reward your caregivers with great benefits!

SERVICES IN ALL FIVE BOROUGHS INCLUDING LONG ISLAND AND WESTCHESTER

SOCIAL WORKER PROGRAM PROVIDED

Call today: 212-560-9218

Visit us at 224 West 35th Street Suite 708, New York NY 10001

Xincon Home Care www.xinconcare.com

Artist adds optical illusions to buildings

@PEETA_EAD

Stunning 3-D house appears in Germany

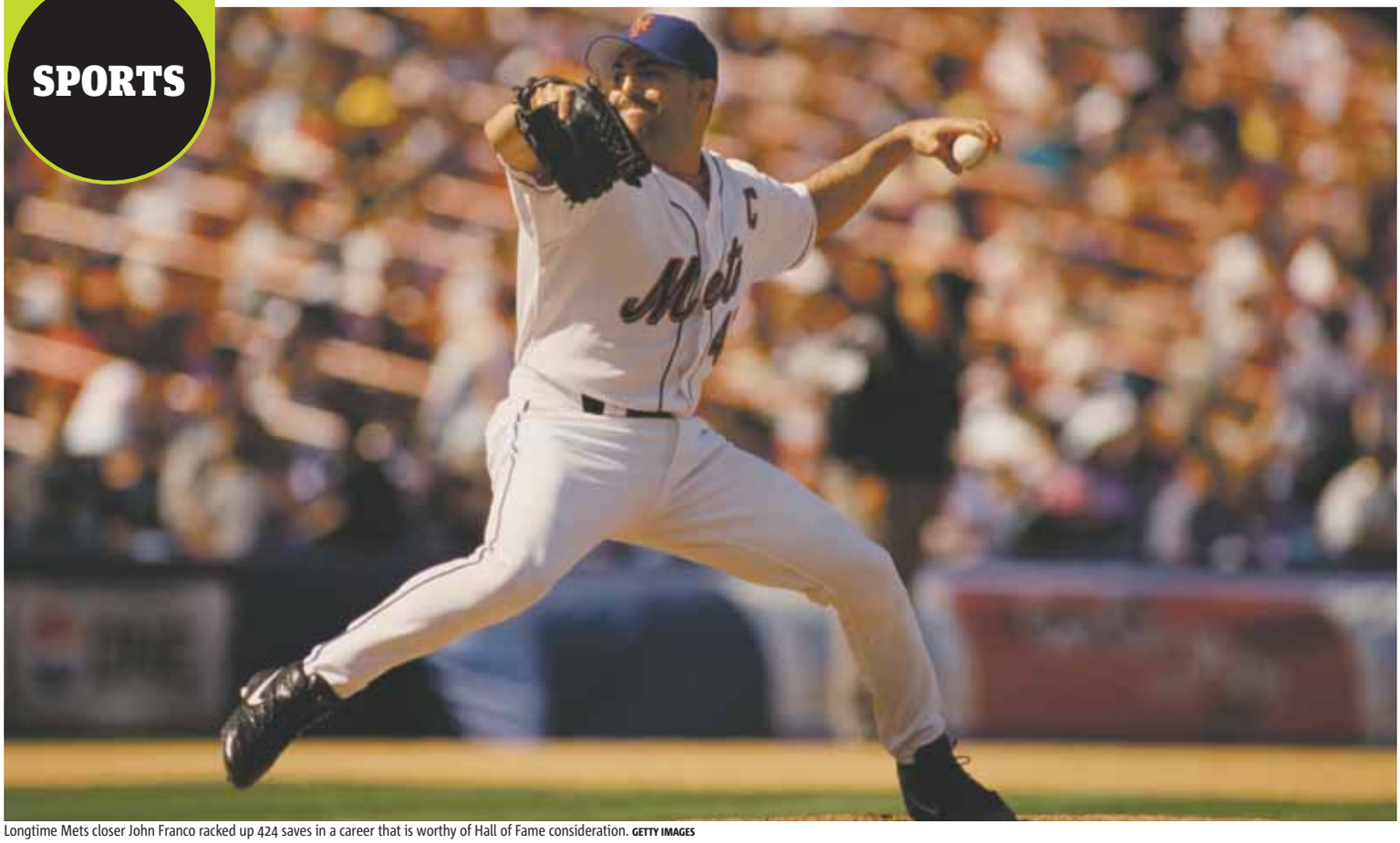
It could seem that this building has an odd construction with a 3-D facade. However, it is just a common structure that has been "altered" by the Italian street artist Peeta, known worldwide for using the so-called trompe-l'œil style. The building is located in Mannheim, Germany, and forms part of the Stadt-Wand-Kunst project. **MWN**

"I loved this building since the beginning and I tried my best to combine multidisciplinary skills to transform it while keeping its original taste."

Peeta, on Instagram

A mural created by Peeta in Australia. @PEETA_EAD

EXPERT ADVICE
CRUISE.COM
LOWEST PRICE
*Free Pre-Paid Gratuities, Free Upgrades plus up to $1700 Onboard Spending & More!
Holland America Line
7-Day Alaska Cruise
$399* pp
Ocean View *489* Balcony *699*
PRINCESS CRUISES
5-Day U.S & Canada
$449* pp
Balcony *599* Suite *859*
NCL NORWEGIAN CRUISE LINE
7-Day Bermuda Cruise
$549* pp
Ocean View *649* Balcony *699*
Carnival
8-Day Caribbean Cruise
$559* pp
Ocean View *659* Balcony *889*
RoyalCaribbean INTERNATIONAL
7-Day Bahamas Cruise
$599* pp
Ocean View *679* Taxes & fees $146.37pp Balcony *719*
Celebrity Cruises
11-Day Hawaii Cruise
$859* pp
Ocean View *889* Taxes & fees $132.15pp Balcony *949*
RoyalCaribbean INTERNATIONAL
Agency of the Year
800-395-6851
Vacation.com
Agency of the Year
Open 7 Days
*Prices are pp/dbl. Cruise only and may reflect resident rates on select sailings. Certain restrictions apply. Gov't taxes, and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select sailings. CST #2015595-50



Longtime Mets closer John Franco racked up 424 saves in a career that is worthy of Hall of Fame consideration. GETTY IMAGES

METS' JOHN FRANCO DESERVES SERIOUS HALL OF FAME CONSIDERATION

PANTORNO'S PERCH

JOE PANTORNO
@JoePantorno

Sunday saw the game's greatest closer inducted into the Baseball Hall of Fame as New York Yankees legend Mariano Rivera was enshrined at Cooperstown.

The five-time World Series champion became the first Hall of Famer to ever receive 100 percent of the vote, and rightfully so. He holds the MLB record with 652 saves; made 13 All-Star Game appearances; and owned the single-most devastating pitch in a lethal cutter that was deemed untouchable.

Rivera became the 23rd Hall of Famer inducted as a Yankee (fellow 2019 inductee and Yankee Mike Mussina opted to not have a team on his cap). It's just another aspect in which they outclass the crosstown-rival Mets, who have Tom Seaver and Mike Piazza as their only representation in Cooperstown.

However, there is a third Met who should have at least garnered more consideration for the Hall than he was originally given.

Longtime closer John Franco was never really given much of a chance to gain induction into the Baseball Hall of Fame.

Six years after his final game in 2005, Franco was kicked off the ballot in his first year of Hall of Fame eligibility. Needing 5 percent of the vote to stay on another year, he received just 27 of 581 votes (4.6 percent) in 2011.

He needed three more votes to stay on the 2012 ballot.

That very same year, Harold Baines was kicked off the ballot for receiving 4.8 percent of the vote. The steady DH and right-fielder was inducted into the Hall of Fame alongside Rivera on Sunday thanks to the Today's Game Committee, which provides an avenue for Hall of Fame consideration to players retired for more than 15 seasons.

It's a ballot that Franco should at least be considered for in 2021 and beyond based on the numbers.

Franco's numbers don't jump off the stat sheet nearly as much as Rivera's do. However, Franco is still one of baseball's greatest closers ever.

In a 21-year career, 14 of which were spent with the Mets, the lefthander recorded 424 saves with a 2.89 career ERA and 975 strikeouts.

At the time of his retirement, he ranked second on Major League Baseball's all-time saves list behind only Lee Smith. Smith was also welcomed into the Hall alongside Baines on Sunday thanks to the Today's Game Committee.

Franco still holds the MLB record for saves by a lefty and ranks fifth on the all-time saves list.

With Smith and Rivera's inductions, the Baseball Hall of Fame has now enshrined eight closers alongside Rollie Fingers, Hoyt Wilhelm, Dennis Eckersley, Trevor Hoffman, Bruce Sutter and Goose Gossage.

Franco's stats are more than deserving of being put in such company.

If you average all eight Hall of Famers' numbers, the averages come out to 413 saves with a 2.86 ERA. Franco's 424 saves and 2.89 ERA are more than should be enough to get him on the Today's Game ballot in two years, if not the Hall itself.

He won't come close to being as much of a lock compared to Rivera, but the former Mets captain should be given a better chance at becoming the third member of the franchise to gain access to Cooperstown.

FRANCO VS. HALL OF FAME CLOSERS: SAVES

1. MARIANO RIVERA- 652
2. TREVOR HOFFMAN- 601
3. LEE SMITH- 478
4. ***JOHN FRANCO- 424***
5. DENNIS ECKERSLEY- 390
6. ROLLIE FINGERS- 341
7. GOOSE GOSSAGE- 310
8. BRUCE SUTTER- 300
9. HOYT WILHELM- 228

FRANCO VS. HALL OF FAME CLOSERS: ERA

1. MARIANO RIVERA- 2.21
2. HOYT WILHELM- 2.52
3. TREVOR HOFFMAN- 2.87
4. BRUCE SUTTER- 2.83
5. ***JOHN FRANCO- 2.89***
6. ROLLIE FINGERS- 2.90
7. GOOSE GOSSAGE- 3.01
8. LEE SMITH- 3.03
9. DENNIS ECKERSLEY- 3.50

SUFFERING FROM
ERECTILE DYSFUNCTION
OR PERFORMANCE ISSUES?

REGARDLESS OF YOUR AGE,
THE ACOUSTIC WAVE THERAPY AT
MANHATTAN MEDICAL ASSOCIATES CAN HELP

Manhattan Medical Associates is the *optimal* choice for *BETTER* sexual performance at any age.

Have Viagra® and Cialis® let you down? Think your best days are behind you? If you suffer from any type of Erectile Dysfunction, regardless of your age or medical history, the doctors at Manhattan Medical Associates can help you.

We have a breakthrough, specialized male performance treatment that utilizes the latest medical technology and protocols on the market today.

We specialize in GAINSWave™ Therapy for men's optimal erectile performance. Let our professional and caring staff help change your life, restore your vitality, boost your confidence, and improve your sexual performance.

THE BENEFITS OF OUR PROVEN TREATMENT INCLUDE:
- No Needles
- No Drugs
- No Surgery
- Long Lasting Results

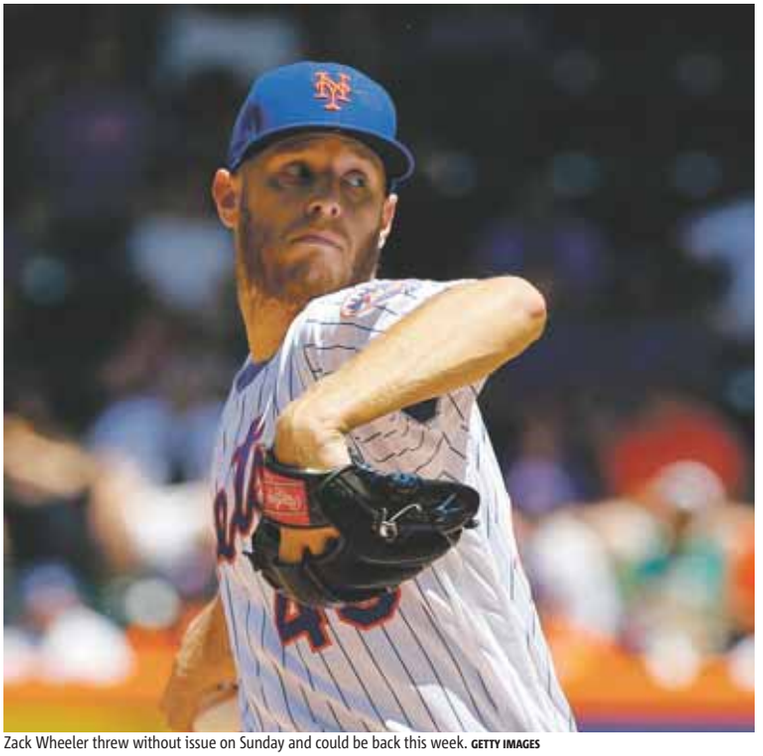
GET ONE STEP CLOSER TO BETTER SEXUAL PERFORMANCE

SCHEDULE A VISIT TO LEARN MORE ABOUT THIS NEW TREATMENT.

CALL: 212-336-3827

MANHATTAN MEDICAL ASSOCIATES
GAINSWave™

www.ManhattanMedicalAssociates.com
161 Madison Avenue 6th Floor New York, NY 10016



Zack Wheeler threw without issue on Sunday and could be back this week. GETTY IMAGES

Wheeler getting back just in time for trade?

The veteran righty is on the 10-day IL with shoulder issues.

JOE PANTORNO
joseph.pantorno@metro.us

The New York Mets' biggest trade chip might be back right in the nick of time.

Veteran right-hander Zack Wheeler threw a bullpen session on Sunday before the Mets' 3-2 loss without issue after being placed on the 10-day IL for shoulder fatigue on July 13.

According to the New York Daily News' Deesha Thosar, the Mets are considering slotting the 29-year-old into the upcoming rotation in their series beginning Tuesday against the San Diego Padres. Jason Vargas is the only confirmed starter for the series so far as he'll take the mound on Tuesday.

Mets manager Mickey Callaway told Thosar that Wheeler might need to throw a simulated game before getting back to the hill, however. That would mean Wheeler realistically wouldn't be able to get back until the following series against the Pittsburgh Pirates.

The more starts Wheeler gets before the trade deadline, the better the chances the Mets will have of dealing him.

He had been a mainstay on the trade market for most of the season as the soon-to-be free agent garnered interest from the likes of the Boston Red Sox and New York Yankees before his injury.

The Red Sox are no longer on the market for a starting pitcher after acquiring Andrew Cashner from the Baltimore Orioles.

With the trade deadline coming on July 31, the Mets could squeeze two starts out of him.

There was an initial belief that Wheeler would be pulled from trade talks as health concerns once again popped up. He missed two full seasons after undergoing Tommy John surgery in 2014 and has only made 20 starts in a season once since then.

Yet he is being looked at as a bargain arm to add depth to a contender's rotation.

While he has struggled this season with a 6-6 record and 4.69 ERA, a change of culture could help him regain his second half from last year, in which he went 10-1 with a 2.06 ERA in his final 15 starts.

The severity of the Yankees' interest is unknown after Wheeler's injury, but SNY's Andy Martino noted before the All-Star break that the team had Wheeler "on their shortlist."

Given Wheeler's impending free agency, the Mets' return for the righty won't be overwhelming. However, General Manager Brodie Van Wagenen has to play hardball to ensure that the Mets get an acceptable return as their season is on the verge of ending early.

A second burglary at Westchester County Center this month halted Sunday's National Arena League game between the New York Streets and Carolina Cobras. GETTY IMAGES

Metro Exclusive: Arena football team robbed at White Plains venue

Sunday's indoor football game between the New York Streets and Carolina Cobras was canceled after a second burglary this month, Metro has learned.

JOE PANTORNO
joseph.pantorno@metro.us

A security breach at Westchester County Center prompted Sunday night's National Arena League matchup between the New York Streets and Carolina Cobras to be canceled at halftime, a source confirmed with Metro New York.

The visiting Cobras' locker room was broken into and players' valuables were stolen during the game.

The Westchester County Center, located in White Plains, is a 5,000-seat arena that is home to the Streets, the WNBA's New York Liberty and the Knicks' G-League affiliate.

After the discovery of the breach at halftime, players did not return to the field and the arena football game was called off.

Fans were forced to wait for approximately a half-hour before being told to leave the venue, with the Cobras leading 46-0.

This is not the first time a theft such as this has occurred at Westchester County Center. During the Streets' previous home game on July 5, the franchise's dance team's locker room was broken into and over $1,500 was stolen from them, a former dance team member told Metro New York under cover of anonymity.

The Streets' dance team confirmed the burglaries, adding that no action was taken by team owner Corey Galloway.

Metro was awaiting comment from Galloway on both incidents as of press time, and Westchester County Center's building management was unavailable for comment.

Westchester County Police are working with both teams and the NAL by reviewing security footage, a league spokesperson told Metro.

"The County Center is working with the New York Streets to issue patrons refunds," he continued. "The Streets sincerely apologize to the Cobras organization — including their players, coaches, ownership — and the fans of the Streets and the National Arena League.

Sunday night's game was the final home tilt of the 2019 season for the Streets. They wrap up their season in Worcester, Mass., on July 27 against the Massachusetts Pirates.

The National Arena League is in its second year of existence and contains just six teams — all of whom are on or near the East Coast. The Streets were 3-9 in their inaugural entering Sunday night's game, ranked fifth in the league.

Westchester County Center is also the home of the New York Liberty and Westchester Knicks. GETTY IMAGES

MEDICAL RESEARCH
To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us

Does your teen fear the unknown?

Is your teen afraid of public speaking?

RESEARCH VOLUNTEERS NEEDED

Participation includes:

- 2 visits (3 hrs. each)
- Diagnostic Interview
- Cognitive Tests
- MRI Scan

We are looking for children between 11-17 years old and who sometimes get fearful or worried. Your child may receive up to $250. Give us a call!

646 - 774 - 5703
Sarah.Pieper@nyspi.columbia.edu

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

Seeking volunteers for HIV prevention and treatment studies

Researchers at The Rockefeller University are testing the safety of two investigational antibodies directed against HIV.

You may be eligible if you:

> Are healthy and HIV-positive or HIV-negative
> Are between the ages of 18 and 65
> Do not have Hepatitis B or C

Participation includes:

> Receipt of investigational antibodies
> Blood work
> 20-30 visits over 12-18 months

Compensation is provided.

To learn more, contact our Recruitment Office at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

CAREER TRAINING

JOBS
We Train & Place!
Call: 718-263-0750

- PCT • HHA • CNA
- Med. Billing & Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Business Analyst/QA
- Media concepts: Audio • Video
- Solar Tech
- SAP

US Vets Call Now

FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

JOBS

General Help Wanted

HOME HELPER WANTED

HHA FOR GREATER PAY!
Without HHA? You can still help elderly friends & family members for great pay!
646-799-6062
212-564-3882 | 646-832-7647
or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

Security Guards Wanted
Must have Security License.
Man & Bronx, All shifts
My-Guard Security
212-568-3581
1370 St. Nicholas Ave. NY, NY.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Tavern Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Bar/Tavern, under the Alcoholic Beverage Control Law at 261 W. 21st St., Store #3 a/k/a 218 8th Ave., New York, NY 10011. New York County, for on premises consumption. Bar 21 LTD d/b/a Café-Flor

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 12 W. 23rd Street New York, NY 10010. New York County, for on premises consumption. The Veggie Grill, Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant, under the Alcoholic Beverage Control Law at 175 Dyckman Street, New York, NY 10040. New York County, for on premises consumption. GFE Dyckman Street LLC d/b/a Taco Bell Cantina

LEGAL NOTICES

NOTICE OF SALE
Supreme Court
County Of Queens
Wells Fargo Bank, N.A., Plaintiff
AGAINST Harry O'Berry a/k/a Harry E. O'Berry, Michael J. Sancho a/k/a Michael Sancho, et al, Defendant Pursuant to a Judgment of Foreclosure and Sale duly dated 4/6/2017 and entered on 4/18/2017, I, the undersigned Referee, will sell at public auction at the Queens County Courthouse, 88-11 Sutphin Blvd., Courtroom 25, Jamaica, NY on August 02, 2019 at 10:00 AM premises known as 14-90 Point Breeze Place, Far Rockaway, NY 11691. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the County of Queens, City and State of New York,
BLOCK: 15689, LOT: 29.
Approximate amount of judgment is $767,138.34 plus interests and costs. Premises will be sold subject to provisions of filed Judgment
Index # 702867/2013.
For sale information, please visit Auction.com at www.Auction.com or call (800) 280-2832.
Gerald Chiariello, II, Referee
FRENKEL LAMBERT WEISS WEISMAN & GORDON LLP
53 Gibson Street
Bay Shore, NY 11706

metroCLASSIFIEDS
To place an ad call 866-900-9473

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

100's Available, All Boroughs

Rooms: $150 week/up
Studios: $900 month/up
212-210-9206

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
One Touch Ultra.100, Freestyle Lite 100, Contour 100, Contour Next 100, Accu Chek 100
888-415-0796 instant! for Diabetic Test Strips
224 w 116 st, B, C, 2, 3 trains
NEW HOURS TH, 2-6:30 / M-F, 2-4PM

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any error or omission in any ad.

metroCLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

PSYCHICS

WORLD FAMOUS INDIAN ASTROLOGER & SPIRITUAL HEALER
PANDITH : SAI GANESH
PALM READING * FACE READING * HOROSCOPE
IF YOU HAVE TROUBLES, I HAVE SOLUTIONS
100% REMOVAL OF BLACK MAGIC BAD LUCK EVIL SPIRITS IN 24 HRS & GIVES HOLY SPIRIT PROTECTION
LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH * JOB * MONEY * LUCK * BIRTH STONES * DEPRESSION * ENEMY * SEXUAL PROBLEM * COURT CASES * ETC..
SPECIALIZED IN BRINGING LOVED ONES BACK
100% GUARANTEED RESULTS
Call for Appointment: 8 AM to 9 PM
PRIVATE & CONFIDENTIAL
929-485-9011
104-12 115th St., South Richmond Hill, NY 11419
(Private House)

PROFESSOR KARAMO
NO PROBLEM WITHOUT SOLUTION
INTERNATIONAL SPIRITUAL HEALER CLAIRVOYANT FROM AFRICA

I CAN HELP WITH ALL YOUR PROBLEMS EVEN MOST DESPERATE CASE WHERE OTHERS HAVE FAILED TO HELP
BRING BACK LOVE ONE, REUNITE LOVERS, FAMILY PROBLEMS, SEXUAL PROBLEMS, BUSINESS, EXAMS, JOBS, COURT CASE
BLACK MAGIC, VOODOO PROTECTION FROM ENEMIES, OR BUSINESS DIFFICULT OF CHILD OR DIFFICULT OF GETTING A CHILD HEALTH ISSUE OR EVIL SPIRITS, ETC.
Work Private And Confidential
Quick Result In Few Days
100% Guarantee
Call: 646-331-8597 / 929-326-2899
Speak: English / French
Trains 3 To Sutter Ave & Rutland Road
Email: madibatabatouenploi@gmail.com
Payment After The Results.

metroCLASSIFIEDS
To place an ad call
866-900-9473
or visit us at
www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

POWERFUL AFRICAN SPIRITUAL READER

Highly gifted & powerful spiritual healer
Immediate Results
All matter of life issues, personal growth guidance & clarity in finance. Specializing in love, career, black magic, removing evil spirits, voodoo, jaadoo, bring back loved ones, protection guaranteed. Quick Results.
100% Guaranteed.
One Call, One Visit Will Change Your Life
CALL MR TASLIMY AND GET HELP
917-385-9382
www.taslimyadvisor.com

THE MOST POWERFUL AFRICAN PSYCHIC

30 Years Of Experience
PROF. BATOU
LOVE EXPERT
I BRING BACK LOVE ONES
ONE VISIT & YOU WILL SEE RESULT.
I NEVER LOOSE ANY CASE
I CAN HELP YOU IN PROBLEMS:
Bring Back Love Ones, Marriage, Stop Divorce Court Cases, Business, Depression, Family Bonds, Stress Removal, Sexual Desire, Bad Luck, Jadoo, Stop Enemies And Offer Protection
Call now:
929.575.1482
Please don't remain silent with your problem

INDIAN PSYCHIC & SPIRITUAL HEALER

Master: Vijay Krishna
(I.C.A.S.)
IF YOU HAVE TROUBLES, I HAVE SOLUTIONS
100% REMOVAL OF BLACK MAGIC, BAD LUCK, EVIL SPIRITS & GIVES PERMANENT PROTECTION
* LOVE * FAMILY * CHILDREN PROBLEMS
* HEALTH * JOB * MONEY * DEPRESSION
* ENEMY * COURT CASES * BAD HABBITS * ETC..
All Religions are welcome!
SPECIALIZED IN BRINGING LOVED ONES BACK
PRIVATE & CONFIDENTIAL **100% GUARANTEED RESULTS**
929-250-4134
541 8th AVE BETWEEN 37 & 38 STREET, MANHATTAN, NY 110018

Healer and Clairvoyant
From a well known spiritual family who combined the power of spirituality, healing and love. Guarantee to bring your partners, love ones within 72hrs., clear bad luck and obia in just one cleansing, break unwanted relationship, court cases, protection etc.
Even the worst case scenario, just call Mr. Suwa on
347-792-9714 • Brooklyn.
Payment after result.
www.psychicsuwa.com

GAMES

metro.us/crossword

Powered by Arkadium

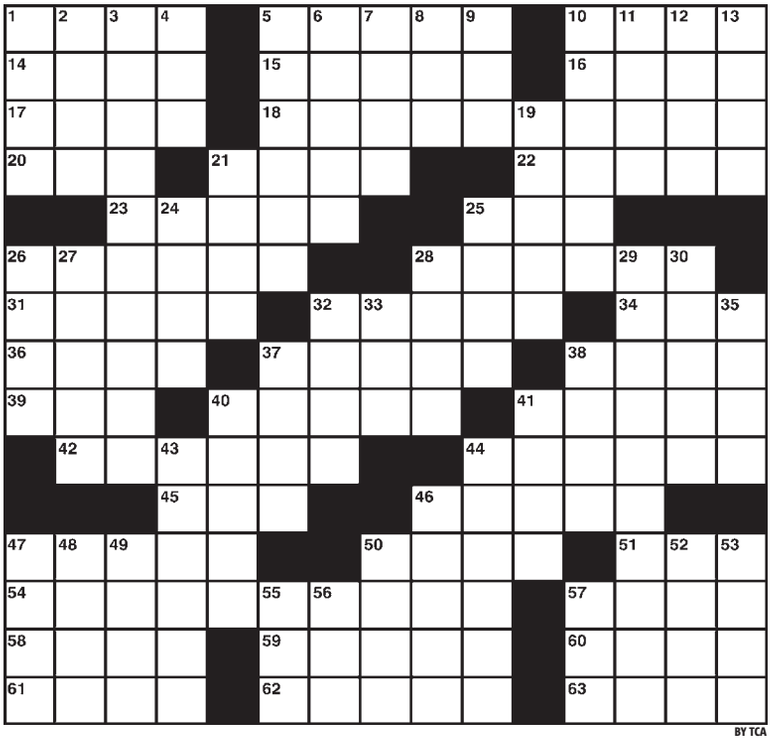
Check your answers at metro.us/games

ACROSS

1 Mountain ridge
5 Venetian blind pieces
10 Opine online
14 Byway
15 Eastern capital
16 Overnight dance party
17 Highest point
18 __ agent; spy
20 To the __; fully
21 Yucky
22 Warning device
23 Lively dance
25 Part of TGIF: abbr.
26 Walks off with
28 Actor James
31 Whiplash sites
32 Take a __ to; like
34 Religious promise
36 Sciences' partner
37 Circular snack
38 Reminder
39 Prefix for paid or med
40 Nudges along roughly
41 Not as ornate
42 Mixed up
44 Western sight
45 __ deal; unfair treatment
46 Connective tissue
47 Wizardry
50 Fix socks
51 Used to own
54 Trustworthy
57 Pool unit
58 Rubik's invention
59 Still breathing
60 Shackle
61 __-fry; wok dish
62 Deadly viper
63 Queue cue

DOWN

1 Grand __; four-run homer
2 __ Bear
3 Out of the blue
4 Film critic Reed
5 Removes corn husks
6 Sri __
7 Actor Griffith
8 Extremity
9 __ Isaac Newton
10 Actor James
11 Volcanic output
12 Done with
13 Bit of bacteria
19 Tote
21 Plagues
24 Large trees
25 In __; truly
26 Button alternative
27 __ firma; dry land
28 Wildebeests
29 Worldwide
30 Tragic Shakespearean lover
32 Vittles
33 Common connector
35 __-out; exhausted
37 "The Price Is Right" host
38 Horse's neck hair
40 Run in __; use a treadmill
41 Musical group
43 Chauffeur
44 Hot coal fragment
46 Begin a tennis game
47 Big __; fast-food hamburgers
48 Lie next to
49 Large desert
50 Duster
52 Healthy as __
53 Fender ding
55 Cry from a flock
56 Aged
57 Martini ingredient



BY TCA

metro.us/wordsearch

D	X	E	I	L	L	E	P	S	G
U	B	P	V	R	N	P	Q	T	R
M	C	D	O	G	H	A	R	R	Y
B	Y	R	L	T	P	N	M	A	F
L	Y	A	D	C	T	S	O	W	F
E	N	Z	E	I	Y	E	O	G	I
D	F	I	M	G	W	N	R	O	N
O	O	W	O	A	I	A	B	H	D
R	H	E	R	M	I	O	N	E	O
E	C	O	T	M	E	M	I	D	R

Broom
Dumbledore
England
Gryffindor
Harry
Hermione
Hogwarts
Magic
Potter
Ron
Snape
Spell
Voldemort
Wand
Wizard

metro.us/wander

Category: Author

C	E	O	J	
K	B	H	N	S
	N	I	E	T

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

		3					6	
8		4		3	6	1		9
		2	7			5		8
9			4				5	
1			5	6	7			3
	3				2			7
4		9			5	3		
3		5	9	2		4		6
	6					7		

PLAY ANYTIME, ANYWHERE

Find these games and MUCH MORE at games.metro.us

Yesterday's Answers

A	R	I	D			C	A	T	S		S	L	O	P
S	E	N	O	R		A	T	A	T		C	A	N	E
W	E	T	H	E		A	M	B	U	L	A	N	C	E
E	L	I		T	I	N			M	A	R	K	E	T
		M	E	A	N	S			B	B	C			
T	R	I	V	I	A			S	L	E	E	P	Y	
W	I	D	E	N		S	P	I	E	L		R	E	D
A	S	A	N		H	E	A	P	S		D	E	L	I
S	E	T		B	E	A	D	S		R	I	F	L	E
	R	E	S	U	L	T			C	A	R	E	S	S
			H	I	P			O	U	T	E	R		
S	C	R	O	L	L			P	E	T		E	B	B
C	L	A	U	D	E	T	T	E		E	R	N	I	E
A	U	N	T		S	W	A	N		D	I	C	K	S
N	E	T	S		S	O	N	S			B	E	E	T

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, Suite 220 New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **U.S. Publisher** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Managing Editor** Morgan Rousseau, morgan@metro.us • **News Editor** Jeff Tomko, jeff.tomko@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Features Editor** Pat King, Patrick.King@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

You can help advance science through a research study of investigational medication and make up to $6,850 doing it.

PSYCHIATRIC ILLNESSES INCLUDE:

ADHD
ALZHEIMER'S DISEASE
ANXIETY
BIPOLAR
DEPRESSION
HUNTINGTON'S DISEASE
INSOMNIA
MIGRAINES
PARKINSON'S DISEASE
PTSD
SCHIZOAFFECTIVE
SCHIZOPHRENIA

GENERAL MEDICINE ILLNESSES INCLUDE:

ADDICTION
CROHN'S DISEASE
DIABETES
ECZEMA
FLU
FIBROSCANS®
HEALTHY ADULTS
HOT FLASHES
IBS (IRRITABLE BOWEL SYNDROME)
LIVER DISEASE
NASH/NAFLD
PAIN
PSORIASIS
OSTEOARTHRITIS

HASSMAN RESEARCH INSTITUTE

Make a difference at
1-866-303-2929
or visit **HRITrials.com**

DEPRESSED?

Are you treating your depression with medication?
Are you still feeling depressed?

If so, please call Hassman Research Institute about participating in our research study of an investigational drug for adults with treatment-resistant depression.

Qualified participants must: • Be 18 or older • Be taking prescribed antidepressant medication • Be currently experiencing a depressive episode

Insurance is not required to participate in our study, and all study-related care and study medications are provided at no charge. Transportation and compensation up to $7,500 for time and travel may be available.

For more information, call toll-free 866-264-4545 or visit HRITrials.com